

Winning with CF: Tools, Tips and Tactics for Raising Healthier Kids™ CLASS OUTLINE



"Joey! How many times do I have to remind you to take your medicine?!"
"Momm... Stop nagging me!"
"I wouldn't have to nag you if you'd remember to take it!"

Does this sound familiar? Relax! Help is on the way.

Described by many parents as "life-changing," you'll discover what to do and what to avoid when raising a child of any age with CF:

- Motivate your child to make wise choices about medication, food, and everything else in life (including homework, chores, etc.)
- Put an end to power struggles, arguing, whining and complaining.
- Promote responsibility without nagging, lecturing, yelling or bribing.
- Recognize and avoid common parenting traps.
- Handle and/or avoid resistance to medication and medical treatments.
- Teach children about CF including how to discuss difficult issues.
- Raise confident, responsible, resilient kids with good coping skills.
- Increase the odds that your child will lead a healthier, happy life.

Lisa C. Greene, M.A., CFLE is a professional parenting educator and mother of two young adults with cystic fibrosis. Foster Cline, M.D.* is a child psychiatrist, co-creator of the popular *Love and Logic* parenting program and best-selling author. They have teamed up to adapt Love and Logic's powerful- yet simple-parenting tools to the challenges of raising kids with special healthcare needs.

Their message is: "You can do it!" After this entertaining and informative teleclass, you'll have lots of practical new parenting tools plus a lighter step and hope for the future.

This class is based on concepts from the award-winning book *Parenting Children with Health Issues* by Foster Cline MD and Lisa Greene (not included in tuition unless otherwise indicated**). For more information about our resources, visit www.ParentingChildrenWithHealthIssues.com

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*Foster Cline, M.D. and other guest speakers may join on selected occasions subject to availability.

Class Resources:

Included with Online Class:

E-Workbook: *Winning with Cystic Fibrosis: Tools, Tips and Tactics for Raising Healthier Kids*

Audio: *Raising Kids with Chronic Illness Audio*, available as a free audio download from www.ParentingChildrenWithHealthIssues.com

Optional Resources:

Book: *No More No! How to Gain Your Child's Cooperation with Self-Care, Medication and Just About Everything Else* by Lisa Greene (available from Lisa for \$6.00 or you can purchase on Amazon for Kindle)

Book: *Parenting Children with Health Issues: Essential Tools, Tips and Tactics for Raising Kids with Chronic Illness, Medical Conditions and Special Healthcare Needs* by Foster Cline MD and Lisa Greene (available at www.LoveandLogic.com)

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Class Objectives:

This class will focus on the behavioral, emotional and relationship challenges families face when a child has cystic fibrosis. Specific medical practices will not be discussed. Parents will gain an understanding of the unique parenting and relational issues families face. You will learn practical, effective responses which are based on the Love and Logic approach and other research-based resources. The course will help families improve sustaining daily care (medical adherence), learn effective coping strategies, improve parent/child communication and relationships, and prepare for the transition to independence at each age and stage of child development.

Week One: Setting the Foundation for Resilient Families and Responsible Kids

- Welcome and Introductions
- Family Resilience and Strengths
- Preparing Children for the Real World
- How Do Children Really Learn? The Six E's of Raising Responsible Kids
- Putting an End to Whining, Arguing and Complaining

✓ Skill Builder: How to neutralize whining, arguing, and complaining

Week 1 Objectives: To get acquainted with each other as well as Love and Logic's basic principles and an overview of family resilience. We'll learn the E's of Love and Logic and how to make good use of them to promote medical adherence including how to respond to children who whine, argue, and complain about medical treatments (and anything else!).

Week Two: The COPE Formula: C stands for *Control That's Shared*

- Strategies for Keeping Hope Alive
- Parental Self-care and Modeling
- Understanding the Emotions of CF
- How CF Changes Things
- Personal Styles and Parenting Styles
- The Science and Art of Control

✓ Skill Builder: Choices

Week 2 Objectives: We will talk about the role of hope in maintaining a positive outlook including looking at hope builders and hope killers. We will address the importance of parental self-care and discuss practical ways that caregivers can take good care of themselves. We'll discuss the typical emotions that can come up when dealing with CF and how CF changes our responses to our children and affects parenting styles. We'll focus on why it's important to share control and learn different ways to do so including the proper use of choices.

Week Three: The COPE Formula: O Stands for *Opportunity for Thinking and Decision Making*

- Setting Limits
- Thinking Words vs. Fighting Words
- Enforceable Statements
- Using Creativity, Fun and Humor to Set Limits
- Handling "I Can't" and "I Won't"
- Building Loving Relationships

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✓ Skill Builder: Enforceable Statements

Week 3 Objectives: We'll discuss the importance of setting limits and learn how to set limits without causing control battles. We'll also talk about how to know if your child *can't* do something (like self-administered breathing treatments) or simply *won't* and what to do about it. We'll end with a discussion about the importance of relationship and some tips on simple but impactful ways to stay connected in the midst of busy lives.

Week Four: The COPE Formula: P Stands for *Problem Solving Skills*

- Units of Concern and Who Owns the Problem
- Navigating the Dangers of Over-protection
- Guide the Child to Solve the Problem
- Teaching Children About CF
- Communicating about Difficult Issues with Children
- Beware of Over-reassurance
- The Trouble with Statistics

✓ Skill Builder: Using the Problem Solving Model

Week 4 Objectives: We'll discuss the import concepts of units of concern and learn how to decide who owns the problem: parent or child. We'll learn a communication model for guiding the child to solve their own problems. We'll also learn how to discuss difficult issues about CF like life expectancy, the results of poor self-care, receiving "new" bad news, etc. We'll learn how to be encouraging without over-reassurance and why that matters.

Week Five: The COPE Formula: E Stands for *Empathy and Consequences*

- Using Empathy Before Consequences
- Logical Consequences: Natural and Imposed
- Using Positive Consequences and Rewards
- The Energy Drain Technique
- Strategic Training Sessions

✓ Skill Builder: Empathy Before Consequences

Week 5 Objectives: We'll learn about one of Love and Logic's most important skills: the use of empathy. We'll discuss the proper use of consequences to enforce limits around medical adherence including how to properly structure consequences. We'll talk about using positive consequences to motivate and how to set up effective reward systems to encourage medical adherence and start new healthy habits.

Week Six: Wrapping It Up...

- Transition Starts in the Highchair! Ages and Stages of Child Development and CF
- Discussion time with a CF adult
- Wrap It Up!

Week 6 Objectives: We'll wrap up the class with a discussion about transition and tie in everything you've learned so that your child is moving towards independence and responsibility in every stage of development. We'll also have a chance to talk with an inspiring adult with CF and end with open Q&A time.

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Recommended Supplemental Resources:

Book: *Parenting Children with Health Issues: Essential Tools, Tips and Tactics for Raising Kids with Chronic Illness, Medical Conditions and Special Healthcare Needs* by Foster Cline MD and Lisa Greene.

DVD: *Parenting Children with Special Medical Needs* by Cline, Fay and Greene; \$39.95 available at www.loveandlogic.com

Audio: *Grief, Trauma and Loss: Helping Children Cope* by Foster Cline, MD; \$13.95 available at www.loveandlogic.com

Audio: *Funny Parenting Stories* by Dr. Charles Fay and Jim Fay; Free audio download from www.loveandlogic.com.

Parenting Teens and Preteens: Book: *Parenting Teens with Love and Logic* by Foster Cline MD and Jim Fay available at www.loveandlogic.com and www.amazon.com; Audios: *Developing Character in Teens* by Jim Fay, *Trouble Free Teens* by Fay/ Cline and *Hormones and Wheels* by Jim Fay.

Parenting Toddlers and Preschoolers: Book: *Love and Logic Magic for Early Childhood* by Jim Fay and Charles Fay, PhD; Audio: *Toddlers and Preschoolers* by Jim Fay and Foster Cline, MD; Video: *Painless Parenting for the Preschool Years* by Charles Fay, PhD.

Book: *How to Talk So Kids Will Listen & Listen So Kids Will Talk* by Adele Faber & Elaine Mazlish available at www.amazon.com or www.fabermazlish.com. Recommended for learning how to communicate with kids in general.

Book: *The Kazdin Method for Parenting the Defiant Child* by Alan E. Kazdin, Ph.D. available at amazon.com. Recommended for structuring effective reward systems.